## TO DO LIST



MADE FROM MORE

DATE

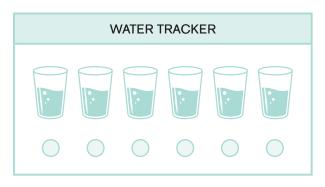
## OTHER TASKS

✓	TASK
0	

## **MEALS**

PLAN YOUR MEALS			
BREAKFAST			
LUNCH			
DINNER			

## **HYDRATE**



'If you stress now, you'll be stressed forever.' If you prepare now, you'll be content forever.'

